

Everyone has strengths and talents, and also areas that we struggle in. We find certain subjects and tasks easy, while others frustrate us. This checklist will help us, our parents, and our teachers to understand where we are independent and where we can use some help.

Don't Need Help = I'm good at this, and can do it on my own or with very little help.

Need Some Help = I can usually figure this out, but sometimes I might need some help.

Need Help = This is hard for me and I need help.

This checklist can be completed in one sitting, or in multiple sittings, depending on what feels best for you!

ACADEMICS

CATEGORY	TASK	NEED HELP	NEED SOME HELP	DON'T NEED HELP
MATH	Memorizing facts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Solving problems in different ways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Estimation (vs working with specific numbers)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Understanding how and why we do math	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
READING	Understanding what's happening in the story or passage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Enjoying reading, itself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Working in reading groups with other students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Reading out loud with expression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WRITING	Holding a pencil comfortably	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Writing for long periods of time without my hand hurting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My handwriting is neat and easy to read	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Spelling, including understanding patterns in different words	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Answering a writing prompt, even if the subject is boring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPECIALS: PE, MUSIC, ART, ETC.	Walking to and from classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Ignoring loud noises from other students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Participating in sports activities, running, games, etc	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Enjoying friendly competition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Expressing myself creatively, such as drawing or singing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Sharing my work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Participating in large group activities, like a basketball game or singing in a chorus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER SUBJECTS THAT I AM REALLY GOOD AT		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OTHER SUBJECTS THAT I NEED EXTRA HELP WITH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LEARNING HABITS

CATEGORY	TASK	NEED HELP	NEED SOME HELP	DON'T NEED HELP
ORGANIZATION	Organizing my backpack, desk, and locker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Finishing and turning in classwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Finishing and turning in homework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Writing down my homework assignments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STAYING FOCUSED	Staying focused and working hard on something I am interested in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Staying focused and working hard on something I am not really interested in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Working quietly so as not to disrupt other students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FOLLOWING DIRECTIONS	Understanding what to do when reading directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Understanding what to do when a teacher or parent gives me directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOLVING PROBLEMS	Solving problems in interesting or different ways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Staying calm when I feel stuck or confused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ASKING FOR HELP	Asking for help out loud when I am confused or frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Asking for help by writing down what I need when I am confused or frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Asking for help in another way when I am confused or frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DOING HARD WORK	Finishing my work, even if it's really hard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Starting an assignment, even if it seems too hard or I'd rather not do it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WORKING AT MY DESK	Staying seated at my desk to finish my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Working in a different area of the room without distracting others (maybe standing or quietly pacing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER STUFF RELATED TO HOW I LEARN		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COMMUNICATING WITH OTHERS

CATEGORY	TASK	NEED HELP	NEED SOME HELP	DON'T NEED HELP
LISTENING TO OTHERS	Waiting my turn to speak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Staying on the same subject as the person I am talking with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Listening to the person I am talking to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MAKING AND KEEPING FRIENDS	Making new friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Staying friends, once we've gotten to know each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Asking my friends questions about themselves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Doing stuff that interests others sometimes, even if it's not my favorite activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMMUNICATING TO SOLVE PROBLEMS	Solving problems by talking instead of melting down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	If I can't talk when I'm upset, I can find another way of communicating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
UNDERSTANDING DIFFERENT PERSPECTIVES	Understanding that I can be wrong sometimes, and that's okay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Recognizing that other people have different ideas than I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WORKING IN DIFFERENT WAYS	Working alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Working in small group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Working in large groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF ADVOCACY

CATEGORY	TASK	NEED HELP	NEED SOME HELP	DON'T NEED HELP
TELLING PEOPLE WHAT I NEED	Asking for a break when I need one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CALMING MYSELF DOWN	Doing what I know works to help myself calm down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
USING TOOLS TO HELP MYSELF	Using the tools teachers give me to achieve my goals. For example: headphones when it's loud, a standing desk, or going to a quiet place in the classroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER STUFF RELATED TO COMMUNICATING WITH OTHERS		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This self-evaluation chart is not a diagnostic tool. It is designed to create discussion between schools, teachers, parents, healthcare providers, and children about their educational needs.

The chart was created by Hannah Grieco M.Ed. for ParentingPod.com, a resource for parents and educators on mental health and wellbeing. Visit [ParentingPod.com](https://parentingpod.com) for more materials, guides, and self-help articles.